The Catholic Rugby team has begun its rigorous preseason workouts for the oncoming spring season. Although they are currently ranked fourth in the nation, many inspect them to finish higher.

Coached by Mr. Keane, a history teacher here at Catholic, the varsity squad is defending state and regional champions for two years running and seeks to continue its success.

“I think we will do just as well, if not better than last year,” said junior Will Johnson, “we have lost a lot of our seniors, but we’ll do just as good.” Johnson was moved up from JV last year before regionals began along with Ryan Auger. He currently plays prop for the cougars.

The squad’s biggest challenge for this season will be coping with the loss of over ten players who graduated last year. Without the Nick Johnson’s speed Captain Nick Funck’s leadership out of the picture the team looks for guidance from the current seniors.

“The old seniors were really good. Insane really, pretty much like Nick Funck,” said junior Emerson Underwood, “but we have a lot of great seniors this year too, like Andres Alvarado.” Underwood currently plays hooker for the cougars and Alvarado is positioned at scrum half.

Other seniors include Murphy Swancy and Jackson Krone who is new to the Catholic squad this year.

While a national title seems farfetched for almost all of the team at Catholic, this year’s rugby squad is not worried about making it there. The team lost to Gonzaga for the past two years while searching for the desired national title, but is determined not to let that happen again.

“We will pull together as a band of brothers and wreak havoc on the nation at nationals this year,” said Underwood.

Another huge asset for the team is its head coach Mr. Keane, who has led the team to reach for the high goals they have already achieved.

“Keane is the reason we are so good,” said Underwood, “he pushes us so we are on that national level.”

Keane along with JV assistant coach, Bernie Funck, are running the preseason training for the squad. The workouts are aimed to strengthen each player physically to get in prime physical condition for the season, but simultaneously reinforce the bond between the players.